

Beef and Egg Scramble with Mushrooms and Onions

Beef and eggs with mushrooms and onions is a delightful dish. This adds a little vegetable to a mostly protein meal. A breakfast worthy of preparation while planning the year's garden.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Broccoli

Butter (lactose)

Eggs

Mushrooms

Onions

Pepper

Spices

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs

Turkey

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger
6 eggs

Vegetables:

1/4 cup of mushrooms
1/4 cup of onions

Optional:

1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of corn
1/4 cup of peas

Other ingredients:

Dash of salt
Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:**1. Chop:**

1/4 cup of mushrooms
1/4 cup of onions

Optional:

1/4 cup of broccoli
1/4 cup of carrots
1/4 cup of corn
1/4 cup of peas

2. Mix all ingredients in a bowl.

You may need additional eggs for additional ingredients.

3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 5 minutes.**

Add your oven time here: _____.